



## Guide to Farmers Markets from King County Councilmember

# Bob Ferguson



King County

### *Dear Neighbors:*

Enjoying healthy and locally produced foods is just one of the many pleasures to be found at your local farmers market. I invite you to review this Guide to Farmers Markets and take a stroll through a market near you. Give yourself some time to chat with vendors and enjoy their selection of fruits, vegetables, meats, poultry, baked goods and other locally produced items.

If you have children, bring them along. Let them meet real farmers and sample new and delicious foods. Your kids just might surprise you with what they'll try.

By shopping at farmers markets, you support local farms, food providers and associated small businesses that are the cornerstone of our local economy.

For additional information about buying fresh food from local growers, please visit Puget Sound Fresh ([www.pugetsoundfresh.org](http://www.pugetsoundfresh.org)) which promotes the purchase of locally grown products.

See you at the market!

Sincerely,

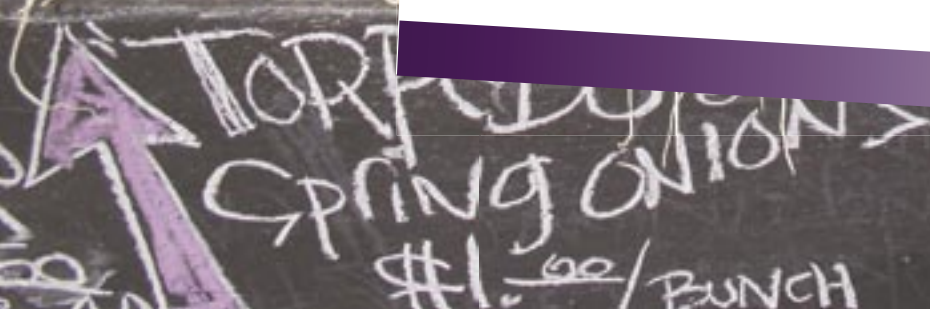
**Bob**

Bob Ferguson

**Vegetables are  
a must on a diet.  
I suggest carrot  
cake, zucchini  
bread, and  
pumpkin pie.**

**– Jim Davis,  
"Garfield"**

[bob.ferguson@metrokc.gov](mailto:bob.ferguson@metrokc.gov)  
[www.metrokc.gov/ferguson](http://www.metrokc.gov/ferguson)  
(206) 296-1001



# FARMERS MARKETS IN YOUR AREA

Information provided below is current as of June 2006.  
Please see map on page 4 for locations of farmers markets.

## 1 Lake City Farmers Market

Contact: Chris Curtis  
Address: NE 127th St. and 30th Ave. NE (just west of Lake City Way, behind the fire station)  
City: Seattle  
Phone: (206) 632-5234  
Email: [nfma@seattlefarmersmarkets.org](mailto:nfma@seattlefarmersmarkets.org)  
Website: [www.seattlefarmersmarkets.org](http://www.seattlefarmersmarkets.org)  
Hours: Thursdays, 3pm-7pm, through October 5th.

Description: The Lake City Farmers Market is a great place to pick up delicious fresh fruits and vegetables.

Each Thursday afternoon, shoppers delight in the bright colors and heady aromas of beautiful flowers, berries, tree fruit, vegetables, fresh herbs, tomatoes, greens, nuts, organic meats, seafood, baked bread and pastries, preserves and other Washington-grown foods. Shoppers can also enjoy cooking demos, produce tasting, live music, and activities for kids.

## 2 Lake Forest Park Farmers Market

Contact: Grant Davidson  
Address: 17171 Bothell Way NE, PMB 309 (LFP Town Center)  
City: Lake Forest Park  
Phone: (425) 485-1042  
Email: [GDDman22@aol.com](mailto:GDDman22@aol.com)  
Website: [www.thirdplacecommons.org/farmersmarket/](http://www.thirdplacecommons.org/farmersmarket/)  
Hours: Sundays, 11am-4pm, through October 8th.

Description: Founded in 2005, The Lake Forest Park Farmers Market has been made possible thanks to grants from King County and the City of Lake Forest Park.

Enjoy ripe berries loaded with nutrients. Fresh vegetables include arugula, beets, braising greens, bok choy, broccoli, cabbages, cauliflower, baby lettuces, several varieties of radishes, leeks, onions, fingerling potatoes, blue potatoes, and sweet sugar snap peas. If you are looking for fresh meat, fish, poultry, and eggs, Growing Things Farm and Wilson Fish provide locally raised and caught meat, fish, poultry and eggs straight from the farm.

## 3 University District Farmers Market

Contact: Chris Curtis  
Address: NE 50th and University Ave. NE (in parking lot of University Heights Community Center)  
City: Seattle  
Phone: (206) 634-5234  
Email: [nfma@seattlefarmersmarkets.org](mailto:nfma@seattlefarmersmarkets.org)  
Website: [www.seattlefarmersmarkets.org](http://www.seattlefarmersmarkets.org)  
Hours: Saturdays, 9am-2pm, open all year.

Description: The University District Farmers Market is Seattle's oldest and largest "farmers-only" neighborhood market. Founded in 1993, the market offers a place for more than 50 Washington State farmers to sell their fresh produce and quality products.

Featured items at the market include seasonal fresh fruit and vegetables from both sides of the State, including herbs, wild mushrooms, fresh farmstead cheeses, free-range chicken and eggs, pastured organic beef, pork, fresh seafood, nuts, ciders, honey, fresh cut flowers, nursery stock, fresh bread and other baked goods, as well as numerous preserves and condiments from local farm-grown products.

## 4 Woodinville Farmers Market

Contact: Grant Davidson  
Address: 17401 133rd Ave. NE (Downtown Woodinville, near Carol Edwards Center)  
City: Woodinville  
Phone: (425) 485-1042  
Email: [GDDman22@aol.com](mailto:GDDman22@aol.com)  
Website: [www.woodinvillefarmersmarket.com](http://www.woodinvillefarmersmarket.com)  
Hours: Saturdays, 9am-3pm, through October 14th.

Description: The Woodinville Farmers Market invites you to experience a variety of fresh and unique products offered by local farmers, growers, artisans, and food purveyors.

Featured items include delicious, fresh, and healthy fruits and vegetables. Shoppers will be enthralled by the aroma and beauty of local flowers, and other arts and crafts. Enjoy traditional churros, hot dogs, polish sausages, kettle corn, breads and premium pastries, along with appetizing soups.

# Crop Schedule

Weather may change harvest dates

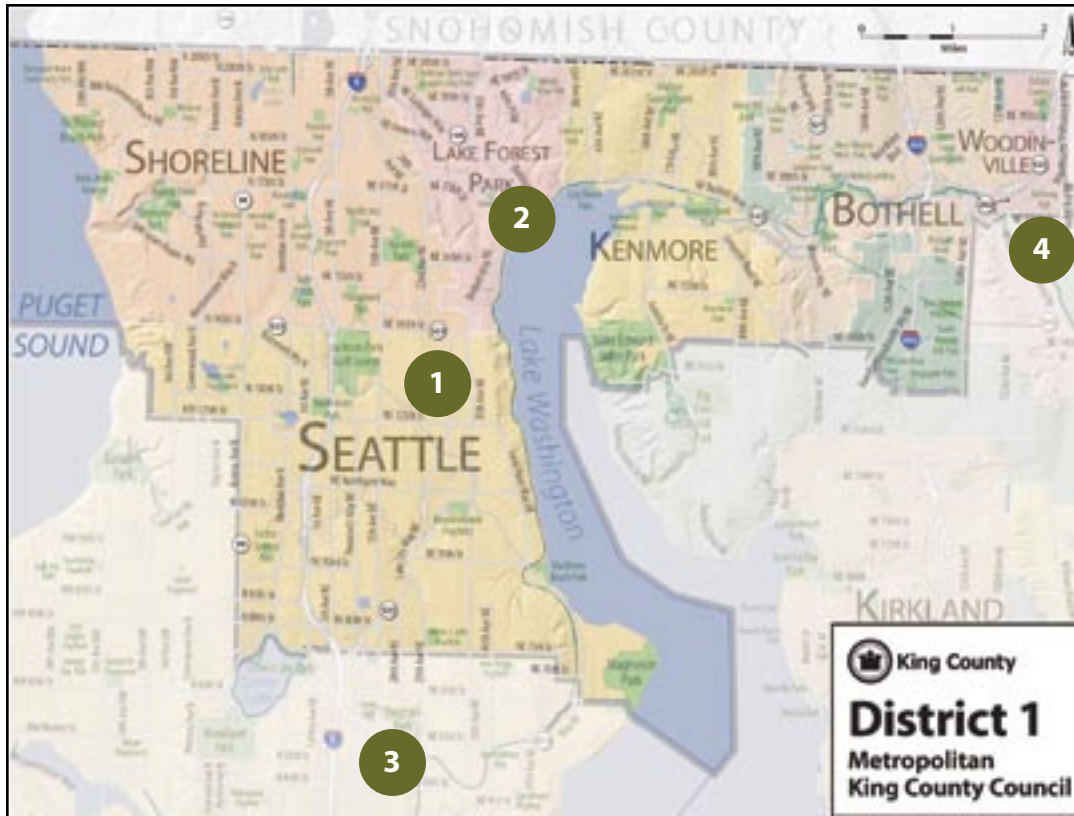
 *harvesting season*

*Provided by*  
Councilmember  
Bob Ferguson

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Apples (Fresh Picked)												
Asparagus												
Beans												
Beets												
Blackberries												
Blueberries												
Boysenberries												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Cherries (Pie)												
Cherries (Sweet)												
Corn												
Cucumbers												
Currants												
Dill												
Garlic												
Gooseberries												
Herbs												
Honey												
Lettuce												
Logan Berries												
Marion Berries												
Melons												
Nuts												
Onions												
Peas												
Peppers												
Plants (Bedding)												
Potatoes												
Pumpkins												
Quince												
Raspberries												
Raspberries (Fall)												
Rhubarb												
Spinach												
Squash												
Strawberries (June)												
Strawberries(Everbearing)												
Tomatoes												
Zucchini												



# FARMERS MARKET LOCATIONS

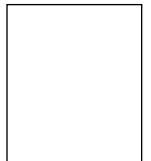


- 1 **Lake City Farmers Market**
- 2 **Lake Forest Park Farmers Market**
- 3 **University District Farmers Market**
- 4 **Woodinville Farmers Market**

---

---

---



**Bob Ferguson**

**King County Councilmember  
Room 1200  
516 Third Avenue  
Seattle, WA 98104**



# COMMUNITY CONNECTION



**Bob discusses local issues with a visitor of a local farmers market**

*"It's difficult to think anything but pleasant thoughts while eating a homegrown tomato."  
– Lewis Grizzard*

*"We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons."  
– Alfred E. Newman*



**Bob chats with visitors of a local farmers market.**



## ACTION-GRAM

**As your elected representative, I appreciate hearing your comments and concerns. Please fill out the form below, include postage, and mail. You can also email me at: [bob.ferguson@metrokc.gov](mailto:bob.ferguson@metrokc.gov).**

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



I would like to be added to Bob's email news list.



King County Councilmember

**Bob Ferguson**

516 Third Avenue, Room 1200  
Seattle, WA 98104-3272

(206) 296-1001

[bob.ferguson@metrokc.gov](mailto:bob.ferguson@metrokc.gov)

[www.metrokc.gov/ferguson](http://www.metrokc.gov/ferguson)

PRSRT STD

US Postage

**PAID**

Seattle, WA

Permit No. 1788



## Your guide to local Farmers Markets

### IN THE COMMUNITY

#### Volunteering at Food Lifeline

My staff and I recently volunteered at Food Lifeline in Shoreline. We organized donated canned goods and other pre-packaged food items for distribution.

As Washington's largest hunger relief agency, Food Lifeline provides nutritious food to hungry people in Western Washington. Each year, Food Lifeline distributes 21 million pounds of food to its food bank network feeding 550,000 individuals. Food Lifeline also coordinates their Produce for the People program, which rescues edible, but not sellable produce from local wholesalers and retailers for distribution to those in need.

To learn more about Food Lifeline, please visit [www.foodlifeline.org](http://www.foodlifeline.org) or contact (206) 545-FOOD. For information about upcoming volunteer opportunities please call (206) 545-6600, ext. 222.



***Bob and his staff speak with Hank Nguyen, a 16-year veteran of Food Lifeline, about the sorting and distribution of food.***